

# GOOD HABITS TO PREVENT INFLUENZA



**Cover your mouth and nose** with a tissue when coughing or sneezing to protect others. Dispose of the tissue after use. Wash your hands.

**Use your elbow**  
If you do not have a tissue available, sneeze or cough into the crook of your elbow.



**Wash your hands** frequently and thoroughly, especially after contact with other people.

**Disinfecting your hands**  
If hand washing is not possible, e.g. when travelling, disinfection with alcohol-containing disinfectants is a good alternative.

